

# GIIKENDAAM CHIWIKWEGAMAG



**You All Know About the Keweenaw Bay Indian Community**  
**Onaabani Giizis - March/April 2005** **Issue 10**

## Tragedy In Indian Country

The incident occurred Monday March 21<sup>st</sup> on the Red Lake Indian Reservation, near Redby, Minnesota and was the nation's worst school shooting since the Columbine incident. The shooter was Jeff Weise, thought to be 16 years old. The teen apparently shot his grandfather, Daryl "Dash" Lussier, 58, and his wife at their home, and then took his grandfather's police weapons. Lussier was a longtime officer of the Red Lake police force.

About 3 p.m., Wiese drove to the high school, rammed the vehicle into the school where he then blasted his way past the metal detector at the school's entrance, killing the security guard.

Reggie Graves, a student at the Red Lake High School, stated he heard Wiese say something to his friend Ryan, "Do you believe in God?" and then he shot him. The victims included a teacher and five other students. At least 8 others were wounded.

Investigators indicate there is no apparent reason for Weise's actions. However several students stated



that he held anti-social beliefs. Weise posted messages on a neo-Nazi Web site expressing admiration for Adolf Hitler. It is alleged that Jeff Weise posted messages under the nickname "Todesengel," German for "angel of death." Sources indicated that Weise was a loner, usually wore black and was often teased by other kids. Sources also say that Weise's father committed suicide four years ago and that his mother is living in a Minneapolis nursing home due to brain injuries suffered from a car accident. Wiese exchanged gunfire with Red Lake police in a hallway, retreated to a classroom where he was believed to have shot himself, said FBI Paul McCabe. Roads were closed to the Red Lake Reservation while authorities investigated the shootings.

## Tribal Council Members:

Susan J. LaFernier, President	Fred Dakota
Warren C. Swartz Jr., Vice-President	William G. Emery
Larry J. Denomie III, Secretary	Michael F. LaFernier, Sr.
Gary F. Loonsfoot Sr., Asst. Secretary	Elizabeth D. Mayo
Jennifer Misegan, Treasurer	Ann Misegan
Doreen Blaker	Shawanung

Red Lake Reservation has a population of 5162; all but 91 are Indians. The BIA sent a team of uniformed officers, peer counselors and other employees to the reservation to help this community heal.

The Keweenaw Bay Indian Community sends their deepest and heartfelt condolences to the Red Lake Indian Community. The KBIC Tribal Council has sent a donation to the Red Lake Nation Memorial Fund. Donations for the victims and their families can be sent to: Red Lake Nation Memorial Fund, P.O. Box 574, Red Lake, Minnesota 56671.



## Special points of interest:

- Update - KBIC Comprehensive 5 Year Strategic Plan
- Healthy Heart Fair 2005
- KBIC Youth Easter Party
- OCC's Class of 2005
- NMU's Learning to Walk Together Pow Wow
- 2nd Annual Anwebiwin Agaming Women's Retreat, Rest By The Lake
- Tribal Council Meeting—March 5th, 2005
- Anishinaabemowin
- Historical Picture

## UPDATE—KBIC COMPREHENSIVE 5-YEAR STRATEGIC PLAN

In late August of 2004, KBIC initiated a Comprehensive Strategic Planning process with the “Why do you/Why don’t you Live on the Reservation?” contest and survey. Approximately 2,800 surveys were sent to KBIC Tribal members, age 5 and older. More than 400 responses were received and contributed to the analysis. In addition to answering the question, a survey of Community members’ values was also addressed. This was an opportunity for Community members to direct the Tribal Council as to what values were important – providing valuable information to Council members to utilize in their decision-making process.

The top ten values identified by the Community member responses were as follows: Strong Families, Sovereignty, Tradition & Culture, Employment/Business, Healthcare/Good Health, Education, Environment, Youth, Elders, and Safety. Because many of the value selections were so close in number of responses, Leadership, Government and Respect were added, for a total of twelve values that Community members felt were priorities. Whether you lived on or off the Reservation, the top three values were the same –

Strong Families, Sovereignty and Tradition & Culture – in some combination. The remaining nine values fell in some variation of order within the next nine selections. While many perspectives and opinions were represented, Community values seemed to be very similar for KBIC’s Tribal membership. During the remaining months of 2004 and into January of 2005, Community meetings were held to discuss the results of the surveys, view the responses to the contest, and to learn about Tribal programs and services.

The Tribal Council began their work of responding to the Community-identified values, by developing vision statements and setting the goals according to the twelve top values identified by the Community. To date, a draft of goals for nine (9) of the values have been completed, with the goals for the remaining three values to be completed in March. All of the goals identified by the Tribal Council members are focused on the values that Community members identified as important to them. The work to complete the process is exciting and interesting.

Once a draft of the goals has been completed, the information will be

distributed to the thirty-five (35) Department Heads. Each department will review the draft goals that are associated with the programs and services they provide, working closely with their staff for input. Additional information or clarification will be provided where needed, and then returned to the Tribal Council for review. A second draft of goals, both short-term (one year) goals and long-term (three, five & ten year), will be developed by the Tribal Council.

The Community will have an opportunity to provide input on the goals developed by the Tribal Council, in support of the Community values. Community input will be provided to the Tribal Council for review, changes will be made as necessary, and followed by the development of the final goals of the Comprehensive Strategic Plan approved by the Tribal Council. Staff from the Office of Planning & Development, working with volunteers from the Community, will complete the final planning document. Publication and distribution is planned for September of 2005. Updates will continue throughout the process. *Miigwech!* Submitted by—  
*Jesse Luttenton*



## PUBLIC NOTICE

### BIA Scholarship Deadline

The deadline to apply for a BIA Scholarship for the 2005-06 academic year is May 1, 2005.

Applicants must be enrolled KBIC members, residents of Michigan attending a 2 or 4 year Michigan college in pursuit of a 2 or 4 year degree and must complete the FAFSA (Free Application for Federal Student Aid). Applications are available from the Education Office, Keweenaw Bay Tribal Center, 107 Beartown Road, Baraga, MI 49908.

For more information, please contact Amy St. Arnold, Education Director at (906) 353-4117 or amy@KBIC-nsn.gov.

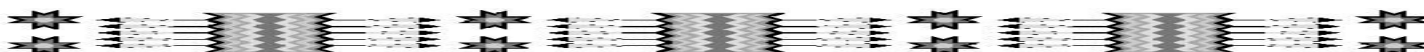
## Tribal—Member Business Owners—A Call for Information!

In 2004, the Economic Development Committee identified Tribal-member owned businesses as a primary area of focus for the Economic Developer’s activities. The Committee brainstormed to identify ways to assist and support KBIC’s Tribal-member owned businesses. There were five activities identified to provide support and assistance to our Tribal-member business owners, as follows: 1) a small business directory brochure; 2) an informational listing on the Tribal website, with links to businesses with existing websites; 3) conduct a survey to determine needs of the Tribal-member owned businesses; 4) expanded small business counseling and training services, and; 5) development of loan fund assistance for business start-up and expansion.

The first three activities required that the Committee needed to identify Tribal-member business owners. Committee members and Planning & Development staff have identified thirty-one (31) Tribal-member owned businesses. A survey was developed by the Economic Developer, Jesse Luttenton, and mailed out to the 31 businesses in mid-January of 2005. To date, only nine (9) surveys have been returned to the Office of Planning & Development. A second letter will be sent in March to the twenty-two (22) businesses that have not yet responded. The information gathered from the survey will assist staff in the development of the programs and services to assist existing Tribal-member owned

businesses, as well as provide assistance to Tribal members who are considering starting a business of their own. Information from the survey will greatly assist staff in accessing funding to train staff and business owners, design programs and services that are culturally appropriate (financial literacy, business plan development, business operation and support), and in the development of a loan program specific to Tribal members for start up costs, business expansion and equipment expenses.

If you are a Tribal-member business owner, please consider responding to the Tribal-member Owned Business Information Survey. If you are a Tribal member business owner, and you did not receive a survey – that’s means you are not on our list! Please contact Donna at the Planning & Development Office at 906.353.4115 to receive a survey. Your information will be kept confidential, but will greatly assist staff in the development of programs and services that are important to Tribal-member business owners. It will also help us to develop and offer the programs and services that you need and want to make your business successful. Please consider responding to the survey! *Miigwech!*





## THE STUDENT EYE

March is National Student Art Month. Many Baraga and L'Anse students have had their art work chosen to be displayed at Gallery 325, located in the Baraga Township Hall. An open house reception was held on Friday, March 11th and additional hours were available 3 days a week throughout the month of March for viewing student's work.

Jeff Howe oversees the publicity of Gallery 325 but acknowledged that Marilyn, Bonnie, Sandy, Pat and Bobbie actually do all the work needed to keep the Gallery open. Marilyn Dammann informed me that the Gallery celebrated it's first anniversary last October. The Gallery operates from public donations and the building is provided to them by the Township.

Nicole Jones, Art Teacher L'Anse, chooses to display her student's work here at Gallery 325. Mr. Foster, Art Teacher Baraga, displays some of the student's work here at the Gallery and some of it is displayed in Hancock at the Community Arts Center. A reception was held on March 5th to honor those students and their teacher at the Hancock center.

Gallery 325 has open showings on a regular basis and area artists can have their work displayed by contacting Marilyn Dammann at 353-6965.



Breanna Fish, Baraga, age 11, is in the 6th grade. She states that she has been in art class since head start. Breanna is the daughter of Kimberly and Joe Fish.



Donna Pawlowski, Baraga, age 7, is in the 2nd grade. She can not remember how long she has been in art classes. Donna is the daughter of Dave and Nancy Pawlowski.



Alicia DeCota, Zeba, age 16, is in the 10th grade. She states that she has been in art class since the 5th grade. She plans to continue with her art and wants to be a photographer. Alicia is the daughter of John Paul DeCota.

### Students with art displayed at Gallery

**325 were:** Augustine, Joe; Baxter, Kraig; Bennet, Lisa; Besonen, Sam; Bianco, Angela; Blue, Cody; Borgen, Dillon; Botruff, Courtney; Bouschor, Tashina; Bowers, Caitlin; Brenen, Mary; Cadeau, Bethanne; Cadeau, Hilary; Cavarly, Jessica; Collins, Ed; Collins, Jackie; Cranford, Rachael; Cranford, Terrance; Crebessa, Melissa; Danner, Jordan; DeCota, Alicia; DeCota, Dylan; DeCota, Jolene; DeCota, Ryan; Desrochers, Jamie; Deziel, Miranda; Dorsky, Beth; Drift, Tiara; Fish, Breanna; Foucault, Shane; Forest, Kaitlyn; Geroux, Olivia; Hansen, Dana; Hansen, Jenna; Harju, Nicole; Hebert, Brittany; Heikinen, Andrea; Hiltanen, Johanna; Hollon, Tara; Johnston, Julia; Jukkala, Gabby; Jutenen, Ashley; Karvonen, Stacy; Kayramo, Joey; Kayramo, Tanya; Kemppanen, Gary; Koski, Ashtin; LaBeau, Shawn; Lanczy, Emily; LeClair, Ashley; Loosemore, Courtney; Loryssa Wideman; Maki, Andrew; Maki, Dan; Martinac, Peter; Massie, Katy; Mattson, Megan; Mayo, Alexandra; McSawby, Melissa; Nevala, Jennika; Niemi, Sara; Picard, Ava; Picard, Fanchon; Picard, Jessica; Pawlowski, Donna; Prowdley, Sarah; Rasanen, Rebecca; Reynolds, Elisa; Serratti, Samantha; Simonsen, Tom; South, Alyssa; Strong, Danika; Sullivan, Jeremy; Sullivan, Kristin; Supanich, Jamie; Swartz, Alisha; Tammelin, Annie; Tapani, Trevor; Thoreson, Terrah; Tilson, Alisha; Usitalo, Mark; Velmer, Ben; Velmer, Leanna; Vizina, Danielle; Wailatalo, Jackie; Welch, Sonja; and Wisenen, Sara



### Zaasakookwan/Bannock/Fry Bread Recipe

4 cups sifted flour

1 tsp salt

3 tsp baking powder

1 cup milk

Approx. 1/2 cup warm water

Mix dry ingredients thoroughly then make well in middle and add milk then water slowly taking a little at a time from the sides until you can knead with floured hands a soft dough. May require more or less water depending on flour used. Let stand 30 minutes. With floured hands form round flattened patty about 3 inches in diameter and pull until you make hole in center. Put in about 1/2 inch of hot oil in frying pan and fry one side until golden brown then turn and fry until other side is golden brown.

Submitted by Frances Drift

### Keweenaw Bay Indian Community Employment Opportunities

Cleaning Person (2 part-time positions @ 20 hrs/week)

On Call positions: LPN - RN - Unit Manager - Account Executive/Sales  
Child Care Provider - Cashier - Receptionist/Clerical Worker

For complete job announcement, application and closing dates contact:

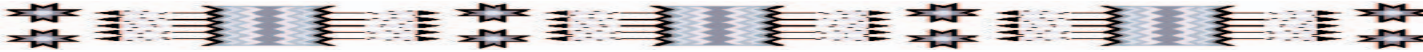
KBIC Personnel Department

107 Beartown Road

Baraga, MI 49908

906-353-6623, ext 4176 or 4140

Or visit <http://www.kbic-nsn.gov/html/personnel.htm>



## Healthy Heart Fair 2005



Welcoming table staffed by Denise LaPointe, Administrative Assistant at DHHS with assistance of Debbie Arens, DHHS Diabetes LPN. Doreen Blaker registers.

The community enjoyed the annual Healthy Heart Fair held on Friday, February 11th. The event was held at the Ojibwa Senior Citizens and provided health education and a nutritious lunch to 200 people. Individuals were able to get their blood pressure and blood sugar measured, sit for a massage, learn about CPR, medications, exercise, diabetes, healthy eating and the fit of life-organ donation. Over 100 people filled out a health survey and were able to browse and pick up a free book supplied by the Public Enrichment Foundation.

At noon a health heart smart lunch, prepared by Mike Roeper of Roeper's Restaurant, of marinated broccoli salad, grilled chicken penne pasta and vegetarian Lasagna was served.

Besides receiving health education, participants received a rose and were eligible to receive many wonderful prizes that were donated by all the vendors display-



Evelyn Holappa and Helen Erickson display beautiful quilts made by the Senior Quilt Crafters.

Below



Bob Zasadny, Debbie Arens, Popcorn Mayo, Dale Schmeisser and Mary Dee Shanahan set up smart health lunch.



ing at this year's event. Vendors included: KBIC Medical & Dental clinic, KBIC diabetes and STEPS Program, New Day Treatment Center, KBOCC AISES Chapter, KBIC Social Services, KBIC Native Caregiver Program, Ojibwa Senior Lady Quilters & Crafters, MSU Extension, Bay Ambulance, L'Anse Pharmacy, Baraga County Home Care and Hospice, Baraga County Medical Equipment, Finlandia Nursing Students and Colleen Fuller Masseuse.

BHS Senior Brian Hill assisted at the event as part of his Senior Project. People commented on how they enjoyed the festive atmosphere, good food and the health information they received at the event and look forward to it every year. This event was made possible by the KBIC Diabetes Program, STEPS Toward Healthy Living Grant and the planning committee which consisted of staff at the Dept. of Health & Human services - Debbie Arens, Denise LaPointe, Denise Marth, Kathy Mayo, Popcorn Mayo, Mary Dee Shanahan and Becky Tussing.

Right



Gary Wadaga of Bay Ambulance explains CPR procedures to the Healthy Heart Fair attendees.



### FIRE LADDERS AVAILABLE

To qualify for a free escape ladder, you must view a short video and fill out an evaluation form. You must live in a two story home and be a KBIC tribal member. One fire ladder per home.

Call Popcorn or Mary Dee at 353-4530 or 353-4531 for more information.

### A Healthy Start To Effective Parenting

Facilitated by Michael Beiring, CAC2, CDVD2 on Fridays, beginning April 8th, 11:30 am—2:00 pm. Lunch will be provided. Class Topics will include: Introduction to class curriculum; Getting to know your personality type; Parenting types & children; Parent/Child interaction based on type; Identify personal anger cues; Intergenerational anger and abuse; Discuss CIA approach to parenting. This event is being sponsored by KBIC Healthy Start Project. Register Early as class size is limited. Contact Ruth L. Keller, RN at 353-4543 to register or for more information.

### A Healthy Start To Effective Parenting II

Facilitated by Michael Beiring, CAC2, CDVD2 on Tuesdays, April 5th—May 24th, 11:30 am—2:00 pm. Lunch will be provided. Class Topics will include: Roles of children in families; Family rules; Resiliency in children; Building family culture (activities); How to better understand teens; Shame & guilt; and 8 Ingredients for a healthy child. This event is being sponsored by KBIC Healthy Start Project. Register Early as class size is limited. Contact Ruth L. Keller, RN at 353-4543 to register or for more information.



Vendors at Healthy Heart Fair had many samples for participants.



KBIC YOUTH EASTER PARTY

With approximately 75 youngsters present, the Easter Bunny made a scheduled visit to the Community Center Building this Saturday, March 19th. Besides visiting with the Easter Bunny, the kids played games for awesome prizes, participated in a cake walk, and had an egg scramble. Face painting was available and once the piñata got busted, all got their fill of candy. Moms, dads and grandparents had just as good a time as the youngsters. Teenagers and other community members assisted in the activities.



DySean Allen, 19 months.



Lena Marie Cadeau, 11 months.



Beth Gauthier, age 9.



Nicholas, age 7, Jaycie, age 4, & Madelyn, age 3, Turpeinen-Denomie.



Joey Francois Jr., age 4.




Nathan Welsh, age 5.



Eva Lind, age 9.



Schedule of Events
<ul style="list-style-type: none"><li>• Teen aerobics T, Th, Sunday 8-9 pm</li><li>• Boxing M,T, W, Th 6-8 pm</li><li>• Open Youth Gym M, W, Th, F 6-9 pm Sat. 5-8 pm</li><li>• Preschool open gym T, W, Th, Fri 1-3 pm Sat, Sun 3-5 pm</li><li>• Rez- Runner Practice<ul style="list-style-type: none"><li>Girls Th, F 4-6 pm</li><li>Boys M, W 4-6 pm</li></ul></li><li>• Kickboxing Sun 4-5:30 pm</li><li>• Karate Thurs 5-6 pm</li><li>• Moccasins Tues 6:30-7:30 pm</li><li>• Little League Clinic Sat. 9-11 am</li><li>• Yoga T, F 6-7 pm</li><li>• Weightlifting M, T, W, Th, 7-8 pm Fri 3-6 pm, Sat. 5-8 pm, Sun 1-3 pm</li><li>• Crafts W 5-6 pm</li><li>• Adult open gym M,W 9-11 pm</li><li>• Men's League Basketball T, Th 9-11 pm</li><li>• Regalia Thurs. 6:30 pm-cancelled for April 7th</li></ul>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>APRIL</b> <b>2005</b>	For more information, contact the Youth Office at 353-4643.			1	2 KBIC Basketball Tournament Jana 8-10pm
3 KBIC Basketball Tournament	4	5	6	7	8	9 Youth Club Dance
10	11 Bowling 6-8 pm	12	13	14 Karate Starts	15	16
17	18	19	20	21	22 Movie night- Houghton open gym	23
24	25	26	27	28	29 Movie night- Houghton open gym	30 KBOCC Graduation

YOUTH CENTER



**WANTED FOR YOUTH KITCHEN**  
Cutting boards, strainers, pots & pans, large bowls, tongs, dish towels, kitchen utensils, silverware, storage containers, and hot pads.





# Meet OCC's Class of 2005



Jacquelyn Treadeau is graduating with an Early Childhood Associates degree. She is the daughter of Mary Bertie and the late William Bertie. Jackie is married to Joe Treadeau and has three sons, Derek, Ryan and Ross Treadeau. She is currently employed at KBIC Headstart and her future plans are to continue teaching in her current position.



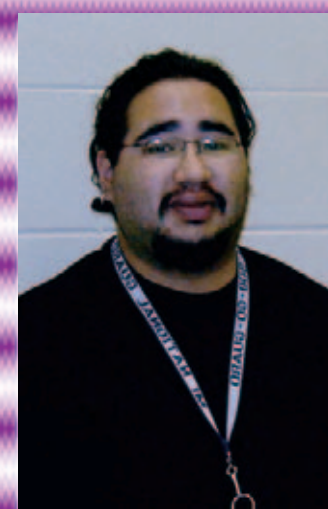
Mindy Anna Lantz is graduating with an Associates in Applied Science/Early Childhood Education. She is the daughter of Elvera and Fred Lantz. Mindy is currently employed with Superior Americorps. Her future plans are to enroll in the nursing program at Gogebic Community College. She would like to work with researching diabetes and would like to become a diabetes educator. She enjoys working with young children and enjoys yoga, figure skating and horseback riding with her daughter, Anna Marie Pietila.



Lisa M. Denomie is graduating with an Early Childhood Associates degree. She is the daughter of Nancy Haataja and Roy Koski I. Lisa is currently employed at KBIC Headstart and her future plans are to continue on with higher education and to continue working with our preschool children. Lisa has two children, Nancy Lamb and Tyler Denomie.



Catherine (Kit) Racette is graduating with an Associates in Business Administration. She is the daughter of JoAnne and Pat Racette. Catherine was named Keweenaw Bay Ojibwa Community College's Student of the Year 2005. Catherine is currently employed at OCC. She is an active member of AISES. Catherine is currently undecided in her career choice. She plans on continuing her education to broaden her knowledge before choosing her lifetime career.



Robin Chosa is graduating with an Associates in Liberal Arts. He is the son of Florine and Thomas Chosa Sr. Robin is currently employed at KBOCC and his future plans are to continue taking classes at OCC, working towards a business administration degree and Informational Systems. Robin has two children, Summer Renee Potts and Assiniis Eugene Chosa. Robin announces that number three is on the way.



The KBOCC Science Department Appreciation Potluck and Awards Gathering will be held on Friday, April 15, 2005 @ 5-7 pm in room 111 at OCC. Come celebrate the end of the school year. Family & friends are welcome.

KBOCC Honors Ceremony will be held Friday, April 22, 2005 in the Four Directions Gymnasium. Potluck will begin at 6 pm with awards being presented at 7 pm. A mini-powwow will be held in celebration, featuring Woodland Singers.

Family & friends of the Graduates are cordially invited to the Ojibwa Community College Graduation Commencements, which will be held on Saturday, April 30th, 2005 @ 2:00 p.m. in the Four Directions Building Gymnasium.

## U.P. State Champs - 1st Place in Weightlifting Competition



Paul Ekdahl, Dan Giddings, Mike Dowd

Three KBIC members are amongst the Baraga High School Powerlifting Team—Vikings. On Saturday March 12th, 2005, in an event held in Newberry, Michigan they helped their teammates secure a first place victory

—UP State Champions.

Daniel Giddings is the son of Patricia Gerard and Mike Giddings. Dan Giddings is a 160 pound sophomore. Dan took first place in the Men's JV 165 class. His total weight was 970 lbs. In addition, Dan broke two UP State records in a 350 lb. squat and 235 lb. bench.

Michael Dowd Jr. is the son of Shelley Colosky and Michael Dowd Sr. Mike Dowd is a 222 pound sophomore. Michael took first place in the Men's JV 242 class. His total weight was 960 lbs.

Paul Ekdahl is the son of Doreen Blaker and Everett Ekdahl Sr. Paul Ekdahl is a 200 pound junior. Paul took first place in the Men's 207 class. His total weight was 1080 lbs with a 425 lb parallel squat.

Congratulations boys! Keep up the good work.





## Traditional Family Wellness Workshop



Presenter Lisa Brunk

A Traditional Family Wellness Workshop was held on March 12th at

the Ojibwa Senior Citizens building. The event was sponsored by the KBIC Cultural Committee and the New Day Treatment Center. A continental breakfast was served. The first presenter, Dorothy Sam discussed how traditional Anishinaabe beliefs can be incorporated into the AA 12 step program. She is a spiritual advisor and elder from the Mille Lacs Indian Community.

A potluck feast was served with many delicious traditional Ojibwa dishes. Everyone enjoyed this delicious meal.

Lisa Brunk of KBIC Outpatient Program presented the differences between counseling adolescents and

adults. Lisa introduced a panel of KBIC Youth and each of them presented reasons why they do not choose to use alcohol or drugs.

The Four Thunders drum group sang traditional songs during this presentation.

Rose (Chosa) Friisvall of New Day Treatment Center discussed in her presentation how to use traditional Anishinaabe teachings and spirituality to attain sobriety. She also presented information on how the 7 Fires Generation Prophecies affect people today.

Paul Halverson, Cultural Consultant for the New Day Treatment Center, spoke of using Spirituality in every-



Four Thunders Drum Group

day life and things that he learned from spiritual teachers from different Native American Communities.

## NMU's Learning To Walk Together Pow Wow



Head Dancers Lisa Brunk and Jarod Pidgeon

On March 19<sup>th</sup> and 20<sup>th</sup>, the 13<sup>th</sup> annual "Learning to Walk Together" traditional powwow was held at the Vandament Arena on Northern Michigan University's campus in Marquette, Michigan.



KBIC Color Guard Members Matt & Ted Shelifoe

The Native American Student Association, in conjunction with NMU's President's Office, local businesses, tribes, community members, alumnus, and NMU's Student Finance Committee sponsored this year's event.

This event far surpassed NASA's expectations with hundreds of spectators enjoying the drums, food, friendship and vendors. In addition to local and U.P. tribal citizens, the traditional Niimi'idim had representatives from as far away as White Earth, Wikwemikong, Illinois, and Tennessee. The arena was filled with dancers during Grand Entry on Saturday. This is the fourth year in which a traditional fire has accompanied the NMU Niimi'idim and the comment was made that because of the fire, more traditional persons will attend in coming years.

The fire, which has set a precedence for all state funded universities, colleges, and schools, along with the permanent firesite in the Whitman woods, will ensure that Native communities on campus' statewide, will be allowed to continue this traditional standard in years to come.

The feast on Saturday night fulfilled all expectations as many were treated to mostly all traditional foods including, venison, frybread, corn soup, squash, wild rice, and apple crisp. Over 300 participants enjoyed the delicious meal prepared by Traci Maday and her staff of volunteers.



Members of the Lac Du Flambeau and KBIC Color Guard

True to tradition, everyone was fed and there were no leftovers.

Miigwech to Stanley Spruce for some of the photos and Peggy Shelifoe for Pow-wow information.



Traditional Men Dancers Lester Drift, Jr., Donald Chosa, Jr., & Donald Chosa, III.

### PRESS RELEASE

On March 7, 2005 the Keweenaw Bay Ojibwa Housing Authority (KBOHA) was awarded two grants totaling \$110,000 from the Federal Home Loan Bank of Indianapolis (FHLBI). The FHLBI, a member owned, wholesale bank, is required by federal law to provide 10% of its annual net earnings to low-income households. This is done through their Affordable Housing Programs. Superior National Bank in Baraga is a member of the FHLBI and it was with their participation that these grants were made possible.

The first grant of \$35,000 is from the Homeownership Opportunities Program (HOP). This grant program provides down payment and closing cost assistance up to \$5,000 for first-time homebuyers. The second grant of \$75,000 is from the Neighborhood Impact Program (NIP) which provides rehabilitation assistance to homeowners to help improve neighborhoods. These grant programs will be combined with the KBOHA's Home Assistance Programs to provide down payment assistance and rehabilitation assistance to tribal members residing in Baraga, Ontonagon, and Marquette counties. This is the first time the FHLBI has awarded grants to a tribe within Michigan.





## Heart Smart Humor—Laughter is the best medicine!



Kathy Mayo, RN, began the evening with diabetes diet advice and strongly suggested the need of exercise in our daily routines. She introduced the “No Nonsense About It” program—Get in the “Habit” of daily exercise. Denise Marth, RN and Deb Arens, LPN, both KBIC Health Department Educational Nurses—demonstrated the No Nonsense program. Kathy Mayo states that laughter is the best medicine and indicated that Diabetics after a dinner and comedy routine receive a 36% less blood sugar reading.

The 41 KBIC community members in attendance enjoyed an evening roaring in laughter as comedian Kathy Ptaszek performed her humorous routine as “Selma Tulikangas.” The “Hoive Queen,” made quite a hit with her audience as she entertained at a Diabetes Education Dinner, on Monday, March 14th, 2005. The event was organized by staff of DHHS and was made possible by the KBIC Diabetes Program and STEPS grant. A Roast Beef Dinner was served by Roeper’s Restaurant at this event, held at the Ojibwa Resort Conference Room.



Selma explained, “You got to match the hoive to make the ensemble, but not to clash with the swamper.” Kathy Ptaszek currently works as a prevention educator for the Western U.P. District Health Department but has performed at various events for the past 13 years as “Selma Tulikangas.”

### DIABETES SURVIVAL SKILLS SERIES OF 4 CLASSES



April 12th - Simplifying Diabetes  
April 19th - Healthy Eating  
April 25th - Making Healthy Changes  
May 3rd - Diabetes Medicine  
Best Western Lakeside Inn  
Baraga, Michigan  
All sessions 5p.m — 6:30 p.m.  
Supper is included.

Limited Enrollment. All participants must register. To register call Deb Arens at 353-4559. This program is sponsored by KBIC/ DHHS Diabetes Program.

If you have been diagnosed with diabetes and don't know where to start on your journey to diabetes self management, attend this class and learn basic diabetes survival skills.

Honoring Our Health Grant invites the public to: A public speaking — “Knowledge is power when battling diabetes,” presented by Carol Grafford, RD, CDE  
Wednesday, April 6th, 4:30-6:30pm at the OCC Library, Baraga, MI  
For more information contact Rachelle Bachran 353-4600, (rbachran@kbocc.org)

## Introducing Honoring Our Health Coordinator—Rachelle Bachran



Please welcome Rachelle Bachran, who has joined the KB Ojibwa Community College faculty and staff. She is the coordinator of the 2005 Honoring Our Health grant project. Many of you already know Rachelle from her presentations for Lunch & Learns and the Women’s Retreat, or from her KBOCC First Aid/CPR and health classes. Rachelle’s background begins with BS and MS degrees from North Texas State Univ. in health education, physical education, biology and counseling; and continues on to include certifications as a Michigan secondary teacher and a Red Cross Instructor. She has taught college level courses for Gogebic Community College and Univ. of North Texas, as well as KBOCC. She has organized her

community events including “Edu-tainment Luncheons” for National Secretaries Week and co-recreational adult exercise programs. In addition, Rachelle has over 20 years of experience training and motivating consultants for a well-known national company based in Texas.

Rachelle is strongly committed to promoting health and wellness at all levels and to working cooperatively with existing programs. One of her goals in this year-long position is to train community leaders and establish programs that can be maintained for years to come. Rachelle says she has enjoyed her time with us so far, and that she looks forward to meeting and working with many more community members.



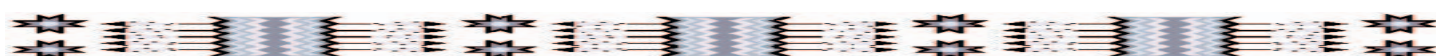
(l-r) Deb Arens and Denise Marth demonstrate the No Nonsense About It program by inviting the audience to get involved.

Honoring Our Health Grant is providing a free bus ride to this event :

### 7th Annual Diabetes Expo

Saturday, 04/16/2005 9am-2pm, Lakeview Arena, Marquette, MI There is no entrance fee. Learn about diabetes medications, equipment and products. Free product samples, cooking demos and massages will be available. Free/low cost screenings will be conducted—foot exam, blood pressure, HbA1C, cholesterol, and kidney. Diabetes is disabling, deadly and on the rise... but it is also controllable & preventable!

Bus leaves the Casino parking lot at 9:00 am. Call Rachelle Bachran at 906-353-4600 or 487-6797 (email rbachran@kbocc.org) to register and for more information.





## HONORING OUR HEALTH GRANT

The overall goal of this KBOCC's grant—Honoring Our Health, is to assist in the combating type 2 diabetes and its complications. This disease affects not only the individual, but has a dramatic ripple affect throughout the family and community. However, recent national research (DPP Project) has shown that the intervention of diet and exercise provides significant prevention strategies for combating diabetes type 2.

The Tribal College of the KBIC is implementing this grant that will cross individual, family community and cultural contexts, and will be based upon the process of connectedness, linking people, interests, and ultimately to life itself.

KBOCC is utilizing the grant to develop a practical personal health course, a nutrition course, and a behavioral health course. Community forums and special events will provide sequential information and education regarding self-assessment, communication, decision making, healthy-self management, and health advocacy to the community.

In addition a Summer Institute program for high school students will be devised, and will increase a recreational sports program and intergenerational exercise program. An after-school health program for teens will be initiated also.

For more information contact Rachelle Bachran at 353-4600.

*Billboard*



## 2nd Annual Anwebiwin Agamiing Women's Retreat, Rest By The Lake

Women of the Keweenaw Bay Indian Community enjoyed the 2<sup>nd</sup> Annual Women's Retreat, Anwebiwin Agamiing, Rest by the Lake. The event was reminiscent of a slumber party beginning Friday evening January 21<sup>st</sup>, ending Saturday evening the 22<sup>nd</sup>, at the Ford Forestry Center in Alberta. Denise Marth of KBIC's Department of Health & Human Services with the assistance of co-workers planned this well-attended event receiving financial assistance from the following grants: ITC-Steps, Healthy Women Project, DHHS-KBIC – Community Health, Diabetes Program, KBOCC – Honoring Our Health. Many area businesses donated door prizes which were given throughout the weekend. Forty four Native American women attended the event and experienced education on skin care, presented by Rachelle Bachran (Mary Kaye), and Footcare - presented by Joanne Mleko (Bath & Body). Blood pressures, blood tests and cholesterol draws were provided to the women by Western U.P. Health Department. The women received massages from Jane Rowe and a reflexologist- Nancy Gagnon was available as well. Exercise inspiration was presented by Terry Smythe of Portage Health and Barb Rose presented on transforming, how one makes changes. Ruth Bussey and Dorothy Sam presented a traditional teaching. Dale Schmeisser, Ph.D., Nutritionist with the help of his assistant, Denise Marth, presented nutrition education which included a game of "the price is right."

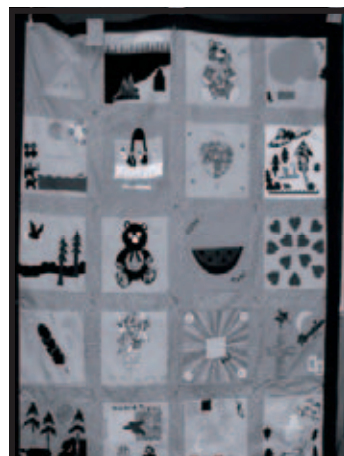
Craft demonstrator - Patsy Keyes, was available to teach the women how to make rose balls and sachets. Denise Marth helped the ladies make dream-catchers, and Diane Charron with the help of Lisa Denomie, taught the ladies how to make silk stocking flowers, card stamping, and assisted in the annual quilt project. Ladies, who were interested, made their own quilt square which has anything to do with themselves or the event. At a later date the quilt squares will be sewn together to make one annual quilt. The quilt is then on display throughout the tribal community businesses. Other activities included puzzle projects, board games and movies.

Women are the backbone of the community and very influential in the formation of health attitudes and behaviors. This year a billboard project will be displayed, resulting from the focus of the event – Native women promoting good health, celebrating life, tradition and each other.

Denise Marth indicates, "I'm looking for more grants to continue with these learning opportunities throughout the year. The retreat was a stress reliever and promoted harmony, humor and understanding among women. We are planning a follow up session in 3-months to review the changes and improvements made in our health." Women enjoyed this retreat and are very grateful for all who had any part in providing this event to them. Mii-wech.



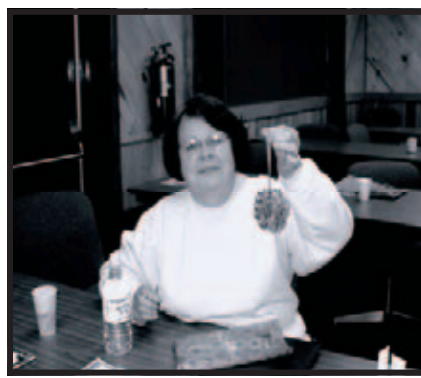
**Nutritionist—Dale Schmeisser, PhD. and his assistant Denise Marth educate and humor attendees in a game of 'The Price is Right', utilizing nutritional values.**



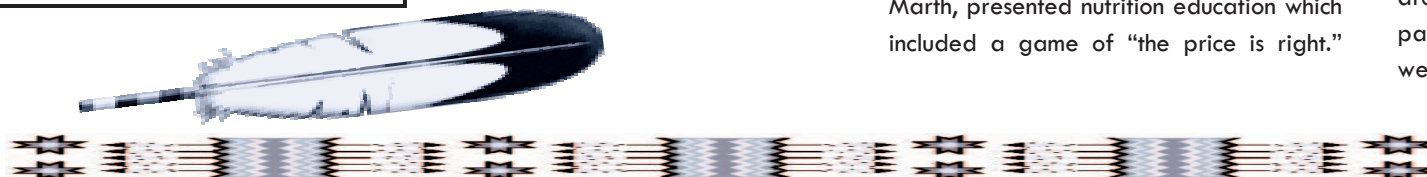
**2004 Retreat Quilt was on display at this year's retreat.**



**Footcare, l to r, Janice Shalifoe, Nancy Shalifoe, Shirley Zasadnyj, Dorothy Stephens.**



**Helen Tollefson displays her craft.**



Community Calendar - APRIL 2005

Events occurring throughout the KBIC Community are welcomed to be listed on this calendar. email [lauriden@hotmail.com](mailto:lauriden@hotmail.com) or [dchosa@up.net](mailto:dchosa@up.net).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
DHHS Smoking Cessation Class is an 8 week series held at the Best Western Lakeside Inn. To register & for more information contact Denise Marth @ 353-4536 or Deb Arens @ 353-4559.		<u>Tuesday 5th, 12th, 19th, 26th</u> - Effective Parenting class II 11:30am-2pm	Events listed in calendar are listed throughout the newsletter FYI.		I	2 9 am Tribal Council Meeting @ Ojibwa Resort
3	4	5	6 Public speaker, Carol Graf-ford, 4:30-6:30pm	7	8 Effective Parenting I class 11:30am-2pm	9
10	11	12 5-6 pm, DHHS Smoking Cessation Class I; 5-6 Diabetes Survival Skills Session I	13 Small Business Trng. SBA 8(a) Trng 12:30 pm - 4:30 pm SDB Trng 6:30 pm. - 8:30 pm Contact 353-4115 for info	14	15 Effective Parenting I class 11:30am-2pm; KBOCC Science Awards 5-7 pm	16 9:00 am bus leaves to 7th Annual Diabetes Expo
17	18	19 5-6 pm, DHHS Smoking Cessation Class 2; 5-6 Diabetes Survival Skills Session 2	20	21	22 Effective Parenting I class 11:30am-2pm; KBOCC Hon-ors 6pm	23
24	25 5-6 Diabetic Survival Skills Session 3	26 5-6 pm, DHHS Smoking Cessation Class 3	27	28	29 Effective Parenting I class 11:30am-2pm	30 2 pm OCC Graduation call 353-4600 for info.

Indigenous Storytelling - “The Pipe and the Eagle” (Miracle of the sunrise) a legend by Jay Loonsfoot

We know that Midewiwin and then the clan system came to the people and gave them strength and stability. The Midewiwin provided the people with the spiritual strength that they needed to couple with their physical well-being to become whole and balanced within the Creation. The clan system gave the people a stable and well functioning social and governing system.

There followed a long period of peace and prosperity for the people. The waterdrum brought many songs to the people. Cultural ways blossomed. Life was full.

However, in time, conflict and warfare began to appear again on the Earth. Conflict became so prevalent that almost all of the people’s time was consumed in the preparations for war and in the making of war. Even the ceremonies became oriented to conflict so that a tribe or band might gain spiritual guidance or favor that they could use to gain more territory. More and more of the religious teachings were twisted to apply to conflict instead of the life giving ways of the waterdrum. Factions began to emerge within the tribes out of which warrior societies developed. Face painting grew as a practice among the people as pride overcame humility.

Soon there were too few gi-wi-say-i-nini-wag (hunters) left to provide for the families. The best hunters became the proud and vain warriors.

At this time, the “trickster” Nanabojo emerged among the people. He bore the “Pipe” wrapped in sage that was given to him by his father many years before. Nanabojo showed the people how to smoke tobacco in the Pipe and in so doing seal peace, brotherhood and sisterhood among the bands, tribes and nations. Nanabojo told the people that the smoke that came from the Pipe would carry their thoughts and prayers to the Creator just as their tobacco offerings in the fire would do.

Nanabojo told the people how to make the pipe out of the sacred pipestone in the earth and how to carve the pipestone from sumac.

With the coming of the Pipe, honor returned to be a guiding principle of life for many people. The conflict and warfare subsided.

After some time, there came to be people who chose to use the Midewiwin as a way to build up their own personal power. This was clearly against the intentions of the Creator. He was greatly angered at how such a beautiful gift could be so twisted and corrupted. The Creator instructed a very powerful spiritual being to destroy the earth after the sun rose four times.

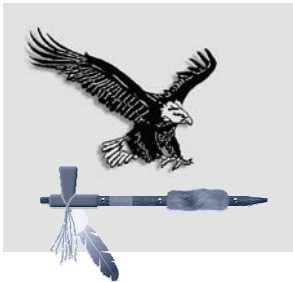
Just before dawn on the fourth day, the eagle flew out of the crack between darkness and light, that edge between night and day. He flew straight into the sky. He flew so high that he flew completely out of sight. He flew to talk with the creator. At the time of the false dawn,

the eagle talked to the Creator. He said, I know the earth is full of evil and corruption. I have seen all this. But also I have seen that there are yet a few people who have remained true to their instructions. I still see the smoke of tobacco rise here and there from humble people who are still trying to live in harmony with the universe. I plead on behalf of these people that you call off the destruction of the Earth. Let me fly over the Earth each day at dawn and look over the people. As long as I can report to you each day that there is still one person who sounds the waterdrum or who uses tobacco and the Pipe in the proper way, I beg you to spare the Earth for their sake of the unborn.

The Creator pondered what the Eagle had to say. He then instructed the spiritual being in which he had left the destruction of the Earth to hold back his fury.

He entrusted the Eagle with the duty of reporting to him each day the condition of the Earth’s people. The miracle of the sunrise happened again for the Anishinaabe.

We owe our lives and the lives of our children to the Eagle. This is why the Eagle is so respected by nature and natural people everywhere.





## Tribal Council Meeting—March 5th, 2005

The regularly scheduled Saturday Tribal Council meeting was held on March 5th. Susan LaFerner presided over the meeting with Warren C. Swartz Jr., Larry Denomie III, Gary Loonsfoot Sr., Doreen Blaker, Fred Dakota, William E. Emery, Elizabeth Mayo, Ann Misegan and Shawanung present. Jennifer Misegan and Michael F. LaFerner Sr. were absent. Susan LaFerner announced in her President's Report that committee vacancies will be posted in the paper soon. Larry Denomie III provided a summary of Tribal Council actions throughout special meetings held February 10th, 11th, 15th, 17th, 23rd, and 24th.

A donation was requested for up to \$3500 (after fundraising) to bring an Alcohol/Drug/Recovery speaker - Mr. Simone, to the Baraga Area Schools. This is in relation to a High School Senior's Class Project (KBIC Tribal Member Leah Mayo). The event will be held on April 4th and will be held for 5th—12th grades with an evening session for the public. Approval for this donation was moved by Fred Dakota, supported by Ann Misegan, and carried.

A donation was requested by the KBIC Veteran's Group in assistance for startup costs. \$5000 and a KB Flag will be provided to the KBIC Veteran's Group. Moved by Warren C. Swartz Jr., supported by Ann Misegan, and carried.

Secret ballot vote by Council resulted in in tie for newspaper editor bids. Both bids were accepted by Donald Chosa and Lauri Denomie who agreed to work together in a combined effort in the production of the monthly newsletter. Moved by Ann Misegan, supported by Doreen Blaker, and carried.

A revised job description for the Youth Facility Coordinator was reviewed. It is to be posted as a grade 9. Moved by William E. Emery, supported by Fred Dakota, and carried.

Resolution KB1380 for renewal of 2005 VOCA grant requested by Wanda Seppanen, VOCA Coordinator. Moved by Doreen Blaker, supported by Elizabeth Mayo, and carried.

Lori Sherman requested mileage assistance for two intern positions which a MICUP grant will provide to the KBIC during the summer of 2005. There will be no cost to the tribe except for the mileage costs. Moved by Doreen Blaker, supported by Elizabeth Mayo, and carried.

Lori Sherman requested that youth who are employed by the tribe during the summer program, and wish to attend the American Indian Workshop at MTU, be allowed to attend with pay. The workshop will be held July 5th—9th. Moved by Ann Misegan, supported by Doreen Blaker, and carried.

NCAI requested a donation for assistance in purchasing a building to house their headquarters in Washington DC. \$5000 was approved. Moved by Ann Misegan, supported by Warren C. Swartz, Jr., and carried.

Title VII Native American Education Program requested \$4450 to fund their 2005 Native American Fair with hands-on projects for Native American students. Moved by Doreen Blaker, supported by Warren C. Swartz Jr., and carried.

The L'Anse High School Senior Lock-In 2005 requested a donation to help fund the event. \$500 each for both L'Anse and Baraga School Districts was approved. Moved by Warren C. Swartz Jr., supported by Elizabeth Mayo, and carried.

Marquette High School Project Graduation requested a donation to help fund the event. Negaunee High School also requested a donation to fund a 2005 Graduation Party. \$500 for each school was approved. Moved by Warren C. Swartz, supported by Gary F. Loonsfoot Sr., and carried.

KBOCC students requested financial assistance for six students and/or teachers to attend the Consortium of Higher Education Conference in Albuquerque. \$5500 was approved. Moved by Doreen Blaker, supported by Elizabeth Mayo, and carried.

Council went into closed session prior to adjournment.

NOTICE: KBOCC Fitness Gym's introductory rate ends April 1st.

The following rates are in effect.

General Public—\$30 per month paid in advance & \$150 for 6 months (1 month free).

Tribal members/Tribal Employees—\$20 per month paid in advance.

Senior Citizens (age 62 & older) - \$20 per month paid in advance.

For more information contact: Rick Geroux @ KBOCC Fitness Gym

## ANISHINAABEMOWIN



### Ziigwan Spring



#### Vocabulary List

Iskigamizige  
Iskigamizigan  
Anishinaabe Ziizibaakwad  
Ziizibaakwadaaboo  
Makade Ojiin (sag)  
Manidoons (sag)  
Megwaayaak  
Gimiwan  
Opichi (wag)  
Zagime (wag)

He/She Boils Sap  
Maple Sugar Camp  
Maple Sugar  
Maple Sugar Sap  
Black Fly (s)  
Little Spirits - Insect (s)  
In The Woods  
It Is Raining  
Robin (s)  
Mosquito (s)

#### Iskigamizigan (Sugar Camp) Word Find

W N G L L W A V Q B R R K A A Y A A W G E M U M  
V D W N K M A Y C I K S I K N V V N Z P N K G V  
V S A Q I P Y X F K S S N T T R U R I W E R T C  
M X Q W V I F G P K K J B O D Q A Z I I G M Q E  
X L Q N K S J R L I D K Z Z O I F A Z U L F H N  
A C U O E A D O G L E R J H Q D T Z I P G B M D  
G Z N A S E A A E E D L Z F O Z I E B C M R O J  
I V Y W E E M B U D R U Q Z L W V N A Z C W E E  
H K F V V I I V I Q A Y V P E D Y L A L V U Q J  
C F F T Z Q E H I Z O K H V L R W E K M P M Q E  
L O X I N H K H Q S I H A U D W N F W Y W R G G  
R E G X J A H C N Q C I K M J Y Z J A Q W G Q P  
W E V N I K W L H A O Z Z N M P J M D B K D U T  
I V E J S V A I K T G Q E E X D P P A V L Q G N  
L Y D H N B K K M P P I K V B T W E A Q O Y Y O  
V P W O M K G H X I N C Z J L A U U B Z V J R F  
M I H C I P O U B E G X A I O V A Z O J S O P Y  
O I R K K G A A F P J J T N M I B N O K Y K M P  
Z G M D V G J Q Q Q S W K C B A B D I H L Z J O  
P B K U Y I O D C W G B B J E F G E W H K A C H  
W J V E N B Z L K B M P X E Z I Q I Y D S G U G  
F T W R T Y X X Z A J G S N R H U F K Y B I G N  
U S V O A C A B M P J V A Q F J O Q G S F M N L  
C Q C E D E O S P V S J Q X G P Y J W M I E T A

1. Giwii-maajaamin iskigamizigan awaswaabang. We are going to leave the maple sugar camp the day after tomorrow.
2. Niniskigamizigeyaan makade ojiinsag dakwangewag megwaayaak. When I boil sap black flies bite in the woods.
3. Ziigwang kina anishinaabeg jikendamoog mizhakwak agwaajing. In the spring all anishinaabeg are happy when it is nice weather outside.





## Ojibwa Senior Craft Room

Handmade Crafts for Sale

Rugs \$25 Purses \$12

Beaded Baby

Earrings Afghans

Boaties Logo T-Shirts

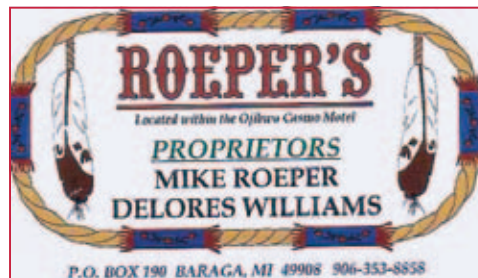
Cross Stitch Pictures

*Other Native Crafts*

All Items for Sale are Made by Local Crafters

Quilter Threads & Sewing Items for Sale

Open Mon - Fri 9 a.m. to 3 p.m.



## KBIC TIRE

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Please call (906) 524-2361 or email dchosa@up.net or lauriden@hotmail.com  
if you think you might know who these people are.



## Wild Rice Taste and Vision

Sponsored by the Native American Student Organization, the Dept. of Sociology and Social Work, and the College of Professional Studies at NMU.

Friday, April 15th, 2005

5:30—7 pm Wild Rice Sampler (not a dinner) at the Jacobetti Commons

7:30—8:45 pm 102 Jamrich Hall Film Premiere -

Manoomin (Wild Rice): Ojibwe Spirit Food, a documentary about the cultural significance of wild rice to the Ojibwe People produced by Michael Loukinen.

## Diversity is an Attitude

Smile! Why should I? When we smile our hearts sing out, though the sound may be silent it has the loudest voice of all.

Greet People! Why should I? The life force inside of us is a gift of life, when we greet people we honor our own life force by projecting and recognizing the life force in others.

Honor Difference! Why should I? Because we were created to be the same and we were created to be different from one another in many ways. Difference is a gift that we can learn from if we choose to do so.

HONOR DIVERSITY! Why Should I? The honor of one, is the honor of all, and the hurt of one, is the hurt of all (Alkali Lake)! What does this mean? Our natural human energy is both positive and negative, we choose what we want to project and when we choose to project hatred, we choose to hurt others. When we choose to smile and say hello, we honor the greatness in all of creation, the life force in all.

- Debi Williamson, TERO/EEO Director

(12) Ashi Niizh

